

The Seneca-Cayuga Nation Wellness Center is now open with the following safeguards in place for our Members and Employees:

- ❖ If you are sick or have been in contact with an infected person, Do **NOT** come to gym.
- ❖ Stay at least six (6) feet away from other patrons or employees when possible.
- ❖ If social distancing is difficult to maintain wear a face covering or mask.
- ❖ Be aware of contact with frequently touched surfaces, clean equipment before and after use.
- ❖ Avoid touching mouth, nose or eyes.
- ❖ It is a good practice to bring a personal water bottle or drink.
- ❖ At this time only 10 people will be allowed in the gym at any one time, try to schedule workout accordingly.
- ❖ Please be patient and respectful, these rules have been put into place for the safety of employees and members.